

# Almond Custard

*From a magazine article, unknown.*

*From a former employee, Kathleen.*



*A simple yet unusual custard with almond and apple hints*

4 whole eggs

1 tablespoon vanilla, divided use

1 teaspoon almond extract

1 1/4 cups whole milk

1 1/4 cups half and half

6 ounces apple juice, frozen concentrate, thawed

2 tablespoons almonds, sliced, toasted

1 teaspoon cornstarch

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 6

1. Preheat oven to 300.
2. Combine milk and half and half in saucepan and heat to just below a simmer (do not boil).
3. In a medium-sized bowl whisk together the eggs, 2 teaspoons of the vanilla and the almond extract until blended. Gradually beat in the hot milk mixture until blended.
4. Pour into a well-greased one quart shallow baking dish (glass or ceramic). Place dish in large shallow pan on a rack in the center of the preheated oven. Pour hot water into the pan, up to about 1/2 inch. Bake for 30-40 minutes or until a knife inserted in center of custard comes out clean. Remove from oven to a rack. Cool, then chill.
5. Meanwhile, heat the apple juice concentrate to a boil and simmer for about 10 minutes to reduce the juice by half. At the end of this time, combine the cornstarch with about a T. of water and add to the juice. Stir until thickened. Stir in remaining teaspoon of vanilla and pour over the custard. Sprinkle the top with the toasted almonds. Serve.

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Per Serving (excluding unknown items): 220 Calories; 12g Fat (51.8% calories from fat); 8g Protein; 18g Carbohydrate; trace Dietary Fiber; 167mg Cholesterol; 100mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 1/2 Non-Fat Milk; 2 Fat.